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ABSTRACT

This annotated bibliography of resources is suggested for use by school guidance counselors, health educators, teachers, and school nurses who provide supportive counseling and education to teenagers. It includes a general review of some of the problems associated with adolescent pregnancy and childbirth, and presents a list of selected books, articles, documents, brochures, pamphlets, and media resources. These are listed alphabetically by author and include the publisher and a description of the content for most references. Topics include teenage pregnancy and adolescent parenthood, family planning, government costs, consequences of early pregnancy, childrearing, health, ethical and legal issues, marriage, physiology, and contraception. (JAC)

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SELECTED RESOURCES

IN THE AREAS OF

ADOLESCENT SEXUALITY AND TEENAGE PREGNANCY

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

The recent and projected magnitude of the problem of teenage pregnancy is illustrated by the rising numbers of unplanned pregnancies among teenagers. One reason for the large numbers of pregnancies is that more teenagers are becoming sexually active. Zelnick and Kantner (1980) reported an increase in sexually active young females from 30% in 1971, 43% in 1976, to 50% in 1979. In fact, of our nation's 29 million teenagers between the ages of 13 and 19 years, at least 44% have had sexual intercourse (The Alan Guttmacher Institute, 1981). However, despite the growing involvement in sexual activity, teenagers are not skillful in preventing pregnancies through use of effective contraceptives.

Consequently, for teenagers this increasing sexuality and lack of effective use of contraceptives has caused an increased incidence of teenage pregnancies. In 1978, there were at least 1.1 million pregnancies which occurred to sexually active teenagers (The Alan Guttmacher Institute, 1981). Initially, when pregnancy occurs, teenage mothers have 2 options: to abort or to give birth. Statistics for the year 1978 illustrate this fact as 49% of the total pregnancies were resolved in 554,000 births, while 51% resulted in spontaneous and induced abortions (The Alan Guttmacher Institute, 1981).

Once the birth has occurred, the options available to

teenage mothers increases to include releasing their children for adoption, or assuming responsibility for the children's care. In the 1960's and earlier, more teenagers married to legitimize their children's birth and to have a husband's assistance with the care of their children. Now, increasingly more teenage parents are unmarried and have out-of-wedlock births. Significantly, in 1979 teenage mothers accounted for at least 44% of all births to unmarried women (Children's Defense Fund, 1982). If the pregnancy is carried to term, at least 97% of teenagers retain responsibility for their children's care (The Alan Guttmacher Institute, 1981).

The increased incidence of teenage parenting gives rise to concern for the effects. Teenage pregnancy may frustrate educational opportunity and career preparation. Teenage mothers are more likely than non-mothers to terminate their education. Over 62% of these mothers do not graduate from or even enter high school (Children's Defense Fund, 1982). In fact, a survey of state policies related to teenage pregnancy revealed pregnancy as one of the leading contributors to termination of schooling for females (Alexander, Williams, and Forbush, 1980). The younger the mother, and the further she is from high school graduation, the more devastating are the effects. Even when previous interest or aptitude is taken into account, teenage pregnancy has a negative effect on total years of completed schooling. An

incomplete education decreases the mother's ability to compete successfully in the job market with women who postponed childrearing until later in life.

These life events diminish economic well being and interfere with the independent functioning of the teenage family. For many teenage mothers, public assistance through welfare provides the primary means of financial support. In 1975, $4.65 billion was dispersed through Aid to Families with Dependent Children (AFDC) to mothers who were teenagers at the birth of their first child (Moore, Hofferth, Wertheimer, Caldwell, and Waite, 1981). Significantly, this figure represented half of the total AFDC expenditures for that year. Additional societal costs are incurred through shelter, medical assistance, food stamps, and social services subsidizations for teenage mothers. The first 442,000 first births to teenagers in 1979 are projected to cumulate over 20 years to $8.3 billion in health and welfare costs to the government--about $18,000 per teenage mother (Stanford Research Institute International, 1979).

In terms of decreased human and economic resources, teenage pregnancies are expensive to the teenager and to society. When teenage marriages occur because of the pregnancy, the probability of divorce increases. Fifty-four percent of

teenage wives are not living with their husbands within 15 years of marriage, as compared with 14% for women married at older ages (The Alan Guttmacher Institute, 1981). Consequently, 70% of children of teenage mothers have spent a part of their life in a single-parent home, compared to 25% of children of mothers in their 20's (The Alan Guttmacher Institute, 1981).

Most families become heavily implicated when a pregnancy occurs because they are called upon both to render aid to the teenage mother and to assume childrearing responsibilities. Families undertake more responsibility for child care and for other needed assistance when teenage mothers remained unmarried. In examining the impact of teenage pregnancies on families, Furstenberg (1980) found that during pregnancies, 90% of these teenagers lived with their parents or other close relatives. After one year, 61% and after 5 years, 45% continued to live in these extended family arrangements.

Pregnancy brings serious problems for teenagers, their families, and for society. School guidance counselors, health educators, teachers, and school nurses are important in not only helping teenagers prevent pregnancies; but also in mitigating the consequences when preventive measures fail. Such instructional personnel can provide essential supportive counseling and other assistance to teenagers. However, in order to achieve this objective, it is necessary that

education personnel be informed of available materials, media, and other resources on the subject of teenage sexuality and teenage pregnancy. It is imperative to recognize the needs of teenagers that arise from their increasing involvement in sexual activity and to focus attention on sexuality as an aspect of the curriculum.

This article concludes with an annotated list of selected books, articles, documents, brochures, pamphlets, media and other resources. It is recommended that any item selected for use with teenagers be previewed by the instructional personnel.

REFERENCES

The Alan Guttmacher Institute. Teenage Pregnancy: The Problem That Hasn't Gone Away. New York: The Alan Guttmacher Institute, 1981.

Alexander, S., Williams, C., & Forbush, J. Overview of State Policies Related to Adolescent Parenthood: A Report of the Adolescent Parenthood Project. Washington, D.C.: National Association of State Boards of Education, 1980.

Children's Defense Fund. America's Children and Their Families: Key Facts. Washington, D.C.: CDF, 1982.

Furstenberg, F. Burdens and Benefits: The Impact of Early Childbearing on the Family. Journal of Social Issues, 36(1980), 64-87.

Stanford Research Institute, International. An Analysis of Government Expenditures Consequent on Teenage Pregnancy. Menlo Park, California: Stanford Research Institute International, 1979.

Zelnick, M. and Kantner, J. Sexual Activity, Contraceptive Use and Pregnancy Among Metropolitan Area Teenagers: 1971-1979. Family Planning Perspective, 12(Sept./Oct. 1980), 230-237.

An Analysis of Government Expenditures Consequent on Teenage Pregnancy. Stanford Research Institute International, 333 Ravenswood Avenue, Menlo Park, California 94025.

An analysis of the probable tax impact of teenage pregnancies and births. Involves a projec tion of the costs that will accrue as a consequence of teenage births in 1979.

Baldwin, W. Adolescent Pregnancy and Childbearing; Growing Concerns for Americans. Population Bulletin, 31(1976).

A concise review of the statistics on the sexual behavior, contraceptive practices, and pregnancies among American teenagers. Single copies are available from the Population Reference Bureau, 1337 Connecticut Avenue, N.W., Washington, D.C. 20036 75¢.

Bonventre, K. and Kahn, J. Interviews with Adolescent Parents: Looking at their Needs. Children Today, (September/ October 1979), 17-19.

Butt, J. Adolescent Sexuality and the Impact of Teenage Pregnancy from a Black Perspective. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Washington, D.C. 20036.

Discusses the subject of teenage pregnancy within the historical context of the Black culture. The author asserts that the roots of high fertility among Black teens is imbedded in racism and sexism. $1.50.

Chap, M. Teenage Pregnancy in North Carolina; Better Choices for a Better Future. Governor's Advocacy Council on Children and Youth, 112 West Lane, Raleigh, North Carolina 27611.

This report provides a discussion of the extent of the problem of adolescent sexuality and teenage pregnancy within the state of North Carolina. The consequences for the female, her family and for society are summarized. Concludes with specific recommendations for community groups, state agencies, and other organizations. $1.60.

Chilman, C. Adolescent Sexuality in a Changing American Society; Social and Psychological Perspectives. Department of Health, Education, and Welfare, 1980. Superintendent of Documents, United States Government Printing Office. Stock #017-046-00050-1.

An overview and summary of the available research on the social and psychological aspects of adolescent sexuality. Also

includes suggestions for future research as well as implications of findings for programs and policies.

Fields, T. Progress Report on Home and Center based Intervention for Teenage mothers and their Offspring. Department of Pediatrics, University of Miami, Miami, Florida.

This study reports a center based program which provides free nursery care, paid job training, and education in childrearing, and early stimulation to teenage mothers and their children. The mothers in this model of intervention were compared to bi-weekly home based program, a free day care program, and a control group receiving no intervention.

Forbush, J. Adolescent Parent Programs and Family Involvement. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Suite 732, Washington, D.C.

Provides a historical description of services for pregnant teenagers and adolescent parents, the kinds of services available, and how these services are funded. Also discusses a survey, using a small sample, of agencies and the extensiveness of involvement of the families of teenage mothers in the delivery of services. $1.50.

Fox, G. The Family's Role in Adolescent Sexual Behavior. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Suite 732, Washington, D.C. 20036.

The discusses the role of the family of orientation as an influence on adolescent sexual behavior. Emphasis is placed on the role of the mother-daughter relationship in sexual socialization and social control, the role of the family in pregnancy resolution, and an examination of barriers within the family in responding to adolescent sexuality. $2.50.

Furstenberg, F. Burdens and Benefits: The Impact of Early Childbearing on the Family. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Suite 732, Washington, D.C. 20036.

The paper summarizes the results of a longitudinal study of the residential careers of teenage mothers--following the birth of their first child. The role of the family in resolving the outcome of such pregnancies, and observational data as an illustration of the family's role is provided.

Furstenberg, F. Unplanned Parenthood: the Social Consequences of Teenage Childbearing. New York: The Free Press, 1976.

A discussion of the data from the "Baltimore Study"--a longitudinal investigation of teenage mothers. The paper concludes with a list of recommendations for public policies designed to address the needs of such mothers.

Grow, L. Early Childrearing by Young Mothers: A Research Study. Child Welfare League of America, Inc., 67 Irving Place, New York, New York 10003.

A report of a study of a sample of white teenage mothers, under age 25 and their children. These groups were followed over a 3 year period. Interviews and behavioral measures were used to determine the effects of marital status on early childrearing. Marital status at the time of the baby's birth was not found to be significant in contributing to the variance of amy of the outcomes. Other factors including the availability of community resources, attitude towards pregnancy, and degree of pleasure in mothering, etc. were more important.

Hoggstrom, G. and Morrison, P. Consequences of Parenthood in late Adolescence: Findings from the National Longitudinal Study of High School Seniors. Rand Corporation, Santa Monica, California 90406.

Discussion of research from the National Longitudinal Study of the High School Class of 1972 which was designed to investigate the near term consequences of parenthood in late adolescence. Among the conclusions was the fact that there was a shift in career aspirations associated with early parenthood among married women.

Hass, A. Teenage Sexuality: A Survey of Teenage Sexual Behavior. New York: Macmillan Publishing Co., 1979.

A presentation of the results of a study of 625 teenagers, between the ages of 15 and 18 years, to assess their feelings regarding sex, dating, petting, sexual intercourse, and other sexuality related topics.

Jones, A. and Placek, P. Teenage Women in the USA: Sex, Contraception, Pregnancy, Fertility, and Maternal and Infant Health. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Washington, D.C. 20036.

Presents a secondary analysis of national representative data exploring adolescent sexuality. Among the conclusions reached in the study were higher levels of sexual activity for unmarried Blacks, and improved contraceptive use for all teenagers. Gaps and limitations of present data, as well as needed future studies are identified.

Martinez, A. Adolescent Pregnancy: The Impact on Hispanic Adolescents and their Families. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Washington, D.C. 20036.

An overview of the Hispanic perspective on teenage pregnancy. The paper notes the lack of available statistics on the extent of teenage pregnancy among Hispanics as a barrier to understanding of the problem.

McIntyre, S. Teenage Pregnancy in the South: Issues and Action. July 1980. Task Force on the Status of Children in the South, Southern Growth Policies Board, Box 12293, Research Triangle Park, North Carolina 27709.

A summary of research related to the prevention and/or alleviation of problems related to teenage pregnancy. Exemplary programs are described, and state policies which affect these programs are discussed. Suggestions are made for implementing various strategies for intervention with these youth.

McKenry, P. Adolescent Pregnancy: A Review of the Literature. The Family Coordinator, (January 1979), 17-28.

Review the current status of research related to teenage pregnancy. Discusses the etiology of adolescent pregnancy and the risks involved from a multidisciplinary perspective. Implications are provided, based on the research, for coping with the problem of adolescent pregnancy.

Moore, K. Government Policies Related to Teenage Family Formation and Functioning: An Inventory. Family Impact Seminar, 1001 Conncecticut Avenue, N.W., Suite 732, Washington, D.C. 20036.

Identifies various federal programs that affect the formation and functioning of teenage families. These categories of program include those that discourage teenage family formation, those that provide funds for support services, and those that address the problem of employment or education of teenagers in general.

Moore, K. Policy Determinants of Teenage Childbearing: Final Report. July 1980. The Urban Institute, Washington, D.C. 20037.

This paper examines the possible effects of different kinds of policies on adolescent childbearing. Data was obtained through a survey of Income and Education conducted by the United

States Census Bureau in early 1976. Data on government policies were obtained from primary and secondary sources. Results showed no evidence that welfare policies were an incentive to childbearing, nor was there found to be an association between family planning or abortion availability and the level of teenage fertility. Evidence did suggest lower fertility related to greater educational opportunities and better labor market opportunities for females.

Moore, K. Teenage Motherhood: Its Social and Economic Costs. Children Today, (September/October 1979), 12-26.

Report of a secondary analysis of 2 national surveys to determine the social and economic consequences of teenage childbearing. Results of the study suggest teenage childbearing leads to important negative consequences for the young mother and her family. The paper concludes with recommendations for preventing teenage pregnancies.

O'Brien, M. Ethical and Legal Issues in Teenage Pregnancies. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Suite 732, Washington, D.C.

A discussion of the changes in the legal status of adolescents as a results of 2 Supreme Court decisions: Planned Parenthood vs Danforth and Carey vs Population Services International. Concludes with suggestions for resolution of the issues that are ethically and legally feasible.

Oettinger, K. Not My Daughter: Facing Up to Adolescent Pregnancy. New Jersey: Prentice-Hall, Inc., 1979.

A book written as a source book for parents as sex educators of their children. Provides a basic overview of the issues involved in teenage pregnancy, often from the perspective of the teenagers themselves--utilizing a case history approach.

Ooms, T. and Maciocha, T. Teenage Pregnancy and Family Impact: New Perspective on Policy. A Preliminary Report, June 1979. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Suite 310, Washington, D.C. 20036.

Preliminary report of the Family Impact Seminar's analysis of teenage pregnancy. Contains a summary of the 9 papers, on various issues involved in teenage pregancy, which were presented at the seminar.

Presser, H. The Social and Demographic Consequences of Teenage Childbearing for Urban Women. College Park, Maryland: The University of Maryland, 1978.

The best most concise document on the issue of teenage pregnancies. Pictures, graphs, illustrations are used to add meaning to the statistics.

Vinovskis, M. Adolescent Pregnancy: Some Historical Considerations. Paper presented at the Conference on Women's History and Quantitative Methodology, Newberry Libary, Chicago, Illinois, July 5-7, 1979.

Presents a review of the issues and statistics related to adolescent sexuality that led to the Adolescent Pregnancy and Prevention Act of 1978. Traces statistically the trend in adolescent fertility over a period from 1920-1977.

Weeks, J. Teenage Marriages: A Demographic Analysis. Westport, Connecticut: Greenwood Press, 1976.

An examination of the births and divorces arising from the marriages of teenagers using the registration system as a source of data. Results indicated a high probability of marital dissolution for women married between the ages of 15 and 16. Additionally the occurence of a postmarital pregnancy increases the instability of the marriage for 15 and 16 year old women.

Films, Brochures and Pamphlets

Changes: You and Your Body. Choice, 1501 Cherry Street, Philadelphia, Pennsylvania 19102.

A pamphlet that describes the bodily changes experienced by adolescent males and females. Text is designed for the adolescent age group. $2.00 per copy.

Growing Up Young. Perennial Education, Inc. 477 Roger Williams, P.O. Box 885 Ravinia, Highland Park, Illinois 60036.

This film explores the special problems of adolescent sexuality and the need for friendship and approval which is the context within which decisions about sex are made. 22 min. color, $423.00, Jr and Sr High Schoool level.

Healthy Babies: Chance or Choice? A Peer Education Approach. Health Education Department, March of Dimes, P.O. Box 2000, White Plains, New York 10602.

This document addresses how young people can help work to ensure healthy babies. Very useful, down to earth suggestions for putting together several educational projects.

A sample of 310 women were followed over a 6 year period to determine the relationship between women's roles and fertility--focusing on the age at first birth. Results indicated that women who gave birth in their teenage years were more likely than older mothers to experience an expansion of their role responsibilities soon after their first birth.

Scales, P. Sex Education and the Prevention of Teenage Pregnancy--An Overview of policies and programs in the United States. Family Impact Seminar, 1001 Connecticut Avenue, N.W., Suite 310, Washington, D.C. 20036.

A presentation of an overview of the status of sex education in this country, and how the extent, organization and effectiveness of current approaches to sex education influence the problem of teenage pregnancy. Discriptions of some model approaches are presented, and suggestions for possible federal involvement are outlined.

Scott, K., Field, T., and Robertson, E., Eds. Teenage Parents and their Offspring. New York: Grune & Stratton, 1981.

A discription of the epidemiologic, socio-economic, legal, psychological, economic, and medical aspects of teenage pregnancy. Discusses the outcome for mother and for child, as well as details possible approaches to intervention for this group of mothers.

Stevens, J. The Consequences of Early Childbearing. Young Children, 35(January 1980), 47-55.

A review of research on early childbearing with an emphasis on how it can result in fewer resources for the mother to use in the nuture and care of the child. Implications for needed support servicces for teenage mothrs are also provided.

Suchindran, C. Consequences of Adolescent Pregnancy and Childbearing: Summary and Conclusions, Department of Biostatisitics, University of North Carolina, Chapel Hill, North Carolina 27514.

A summary of the major findings of research of the possible long term consequences of adolescent childbearing. Using a secondary analysis of 2 sets of data, the study concludes that teenage childbearing leads to a variety of consequences which are adverse to the welfare of the mother and her family.

Teenage Pregnancy: The Problem That Hasn't Gone Away. New York: The Alan Guttmacher Institute, 1982.

How to Help Children Become Better Parents. National PTA and the March of Dimes. National Congress of Parents and Teachers, Chicago, Illinois, 1978.

A resource kit for parents and community leaders who wish to introduce parenthood education into their schools. Provides several sample programs, strategies, program materials, etc. Available from National PTA, 700 North Rush Street, Chicago, Illinois 60611. $5.00.

MELD'S Young Moms Program. Ann Ellwood, Executive Director, Minnesota Early Learning Design, 123 E. Grant Street, Minneapolis, Minnesota 55403.

A curriculum, training program, and materials that focus on the special needs of young, single mothers. The curriculum is based on the Minnesota Early Learning Design model with emphasis on the following areas: Health, Child Development, Child Guidance, Family Management, and Personal Growth. Utilizes peer facilitators as a means of providing information to young mothers.

Planned Parenthood of Central Ohio, Inc. Campaign to Reach Teenage Boys. 206 East State Street, Columbus, Ohio 43215.

A media campaign designed to educate the community on the consequences of the large numbers of teenage pregnancies, and to inform teenagers of the confidential medical and educational services available to them. Program includes a hot line, and a special male teenager campaign.

Rock Talk. The Rock Project. 1111 Kearny, San Francisco, California 91133.

A sex education program through the voices of famous rock and country stars. Discussion relates around the issues of learning about sex, birth control, abortion, male responsibility, being ready for parenthood, adoption, talking to parents, and making informed choices. Program includes 1 cassette tape, a discussion guide, and a bibliography of sex education resources. The newsletter, "Pregnant Pause" is also published by the company and focuses on sex education topics.